

Prep **15 min**
Cook **20 min**
Serves **12 people**

Ingredients

Marinade

400g firm plain tofu, cut into
bitesize cubes
125ml natural coconut yoghurt
3 tablespoon mango chutney
2 teaspoon ground turmeric
2 teaspoon ground cumin

Sauce

2 tablespoon olive oil
1 small brown onion, chopped
4 cloves garlic, minced
2 tablespoon fresh ginger,
grated
5 teaspoon tikka masala
spice mix
2 teaspoon garam masala
½ teaspoon fine sea salt
1 tablespoon tomato purée
1 tablespoon mango chutney
400g tin chopped tomatoes
400ml tin coconut milk
75ml water

To Serve

white basmati rice, cooked
onion bhajis or naan bread
mango chutney
fresh chopped coriander
½ lime, juiced



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TOFU TIKKA MASALA

ESSENTIAL

Method

1. Begin by combining all the marinade ingredients, apart from the tofu, in a large bowl. Now stir in the tofu until well coated, cover, and refrigerate for 2 hours. You can also leave the marinade mix to refrigerate overnight.

2. Place a large saucepan over medium-high heat and coat it with the olive oil. Add the chopped onion, stirring regularly, and cook until golden and translucent. Reduce heat to medium and add the garlic, ginger, tikka masala spice mix, garam masala, and sea salt to the onions, stirring consistently for 1 minute. Now stir in the tomato purée, mango chutney, chopped tomatoes, coconut milk, and water until well combined. Partially

cover the pan, reduce the heat to medium-low, and leave it to gently simmer for 25 minutes, making sure to stir the sauce occasionally.

3. While this is cooking, transfer your marinated tofu cubes to a baking sheet lined with parchment paper. Cook these in a pre-heated oven set to 180°C for 15 minutes. The edges of the tofu should be slightly browned. Add these now to the sauce, cover the pan, and continue to simmer on a medium-low heat for 25–30 minutes until the sauce has thickened and is darker in colour.

4. Serve with fluffy white basmati rice, onion bhajis or naan breads, a dollop of mango chutney, chopped fresh coriander, and a splash of lime juice.